

Behavioral Treatments for Controlling Urge and Stress Urinary Incontinence



Follow these 6 simple steps when you feel the urge to urinate:

- 1 Stop what you are doing and stay put. Sit down when possible or stand quietly. Remain very still. When you are still, it is easier to control your urge.
- 2 Squeeze your pelvic floor muscles quickly several times. Do not relax fully in between.
- 3 Relax the rest of your body. Take a few deep breaths to help you relax and let go of your tension.
- 4 Concentrate on suppressing the urge feeling.
- 5 Wait until the urge subsides.
- 6 Walk to the bathroom at a normal pace. Do not rush. Continue to squeeze your pelvic floor muscles quickly while you walk.

Adapted from: Burgio KL, Pearce RL, Lucco AJ. *Staying Dry: A Practical Guide*

Notes:

If you are out driving and have a strong urge, follow the six steps. Then, stop at the next restroom when the urge has subsided.

If there is a particular time or situation when the urge typically occurs (such as getting up from a chair), squeezing your pelvic floor muscles prior to this time may keep the urge from starting.

The AGS Foundation for Health in Aging (FHA) aims to build a bridge between the research and practice of geriatrics health care professionals and the public, and to advocate on behalf of older adults and their special needs: wellness and preventive care, self-responsibility and independence, and connections to the family and community.